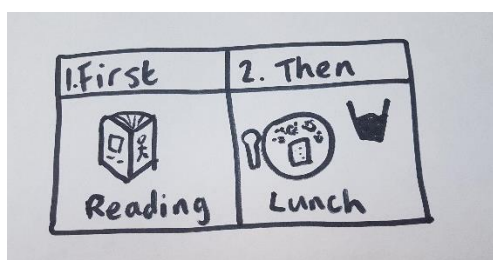


How to Set Up a Visual Timetable for your Child

An individual visual timetable or schedule can:

- help a child to make sense of their day
- help a child remember what to do next, e.g. the next step in an activity
- help with routines by making sense of time.

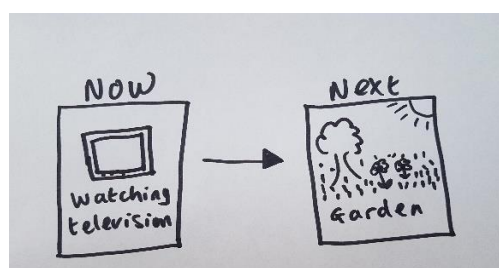
It can be as simple as a two square boards with photo/symbol/drawing cards can show 'now' and 'next, or set out a longer sequence of activities.



At home, a simple schedule board can support routines like going to bed, with pictures of having a bath, putting on pyjamas, brushing teeth, having a story and putting your head on the pillow.

You can organise the photos or symbols from top to bottom or right to left, just keep it the same whichever you decide. Visual timetables are helpful to show that something has finished. An envelope, box, bag can all be used to put away the finished activity card, see below.

They can be photos, symbols, line drawings or the written word. Here are some examples:



On the next page are some visuals to print off to get you started. Try setting these up at home if you think it may help. You can obviously expand the 'now' and 'next' into more boxes over a day or over a week if you think your child could understand that. Let us know if you would like more of these visuals and we can send them to you



Home timetable

|  now |  next |
|--|---|
| | |



art



messy play



reading



bed



bath



sleep



writing



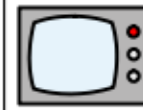
tablet



computer



wash



television



sofa



garden



outside



shops



exercise



sitting



cooking



walk



snack



lunch



playing



toys



dinner